

HEALTH
COMFORT
HAPPINESS



WELCOME TO OUR SPRING WELLBEING NEWSLETTER.

If you have any worries or concerns about your child, then please contact school to speak to a member of our Safeguarding Team:

*Mrs K Gallinagh, Mrs A Elwell, Mrs N Hine, Miss J Alexander,
Mrs S Butt, Mr D McEvilly*

Bikes and Scooters

It is great to see at St John's Middle School that lots of pupils choose to come to school either riding a scooter or a bike. It is a great way for pupils to stay physically active.

However, if pupils are riding a scooter or a bike, they must remember to keep themselves and others safe. In order to this, pupils need to remember the following:



Number 1

Cross Roads Carefully

Make sure your child gets off their scooter or bike to cross the road and follows the usual rules.

Secondly...

Dress the Part

Children should be wearing a helmet to ride a scooter or a bike.

Part 3

Lose the Baggage

Don't hang anything on the handlebars that could upset the balance of the scooter or bike.

4th Rule

Check Your Hardware

Before setting out, make sure any bolts on the scooter or bike are tightened and check that the wheels and handlebars are securely attached. Ensure any folding parts are fully locked in the riding position.

Always remember

Slow Down

It is important to get off and walk when passing other people on the pavement to avoid any collisions and people getting injured.

What is Racism?

Race can mean a person's colour, nationality, ethnicity or citizenship. It's a protected characteristic in law under the Equality Act 2010 in England, Scotland and Wales, and the Race Relations Order 1997 in Northern Ireland. This means it's illegal to discriminate against someone, or treat them differently, because of their race.

Racial discrimination or racism is when someone is treated differently because of their race, ethnicity, nationality or colour. Any type of racism or racial discrimination is abusive and distressing for children and young people who experience or witness it. If someone commits a crime against you because of your race it is considered a hate crime and is against the law.

How to talk to children about racism

It can be hard to talk to your children about racism. Some parents worry about exposing their children to issues like racism and discrimination at an early age. Others shy away from talking about something they themselves might not fully understand or don't feel comfortable discussing. Yet others, especially those who have experienced racism, simply do not have such choices.

Conversations about racism and discrimination will look different for each family. While there is no one-size-fits-all approach, the science is clear: the earlier parents start the conversation with their children the better.

The way children understand the world evolves as they grow, but it's never too late to talk to them about equality and racism.

You can find some age-appropriate ways to start that conversation and explain that racism is always wrong on the following page.

For more information on racism and how to talk to your child, please visit:

[Talking to your kids about racism | UNICEF Parenting](#)
[Racism & Mental Health | Guide For Parents | YoungMinds](#)
[Talking to children about racism | NSPCC](#)



How to Talk to Children About Racism

6-11 years

- Children this age are better at talking about their feelings and are eager for answers. They are also becoming more exposed to information they may find hard to process. Start by understanding what they know.
- Be curious – Listening and asking questions is the first step. For example, you can ask what they're hearing at school, on television and through social media.
- Discuss the media together – Social media and the internet may be one of your children's main sources of information. Show interest in what they are reading and the conversations they are having online. Find opportunities to explore examples of stereotypes and racial bias in the media, such as “Why are certain people depicted as villains while certain others are not?”.
- Talk openly – Having honest and open discussions about racism, diversity and inclusivity builds trust with your children. It encourages them to come to you with questions and worries. If they see you as a trusted source of advice, they are likely to engage with you on this topic more.

12+ years

- Teenagers are able to understand abstract concepts more clearly and express their views. They may know more than you think they do and have strong emotions on the topic. Try to understand how they feel and what they know, and keep the conversation going.
- Know what they know – Find out what your children know about racism and discrimination. What have they heard on the news, at school, from friends?
- Ask questions – Find opportunities such as events in the news for conversations with your children about racism. Ask what they think and introduce them to different perspectives to help expand their understanding.
- Encourage action – Being active on social media is important for many teenagers. Some may have begun to think about participating in online activism. Encourage them to do so as an active way to respond and engage with racial issues.



World Sleep Day

On 17th March, we asked the children to come into school in pyjamas to support Comic Relief and World Sleep Day. The importance of sleep can be underestimated. Sleep problems can be a very serious issue and lack of sleep has been linked to obesity, depression and impaired learning.



If you're having trouble getting your child out of bed in a morning, then there are several practical hints and tips that may help. Talking over worries may well help to put them into perspective.

Emphasise the importance of sleep and that it improves memory and performance. Teens need at least eight hours' sleep on school nights.

Encourage regular exercise – 20 minutes three times a week will help.

Suggest they drink less caffeine (in cola and energy drinks as well as tea and coffee). Too much caffeine stops them falling asleep and prevents deep sleep.

Point out that eating too much or too little close to bedtime – an over full or empty stomach – may prevent sleep onset, or cause discomfort throughout the night.

Avoid using electronic devices (TVs, gaming machines and more importantly, tablets and smartphones) in the hour before bedtime. Blue light emitting from these gadgets stimulates the brain and may inhibit melatonin production – the hormone you need to sleep.

Try and get your child into a good bed routine – suggest that doing the same things in the same order before going to sleep can help.

Eliminate electronic devices from the bedroom. If this isn't possible, try to zone areas of the room for work, leisure and sleep.

Ensure a good sleep environment – a room that is dark, cool, quiet, safe and comfortable.

Make sure your child has a comfortable bed. It may be time to get a new one – and encourage him or her to choose it themselves.

Remember, habits learned in adolescence often become lifetime habits – so make sure good sleep habits are learned early.

For more information and advice you visit:
[Parents & Carers - Teen Sleep Hub](#)